## WHAT IS CLAIMED IS:

1. A potato piece comprising:

an elongated potato piece having a generally square cross section, a generally longitudinal axis, and longitudinally extending sides;

each longitudinally extending side having a plurality of ridges separated by grooves, the ridges and grooves oriented generally transverse to the longitudinal axis, and cooperating to define a core portion;

the ridges being rounded in cross section;

the grooves being rounded in cross section;

where the potato piece includes an oil coating comprising 1% by weight; and where the potato piece includes a coating of encapsulated salt in amount in the range of 0.8 to 1.5% by weight.

- 2. The potato piece of Claim 1 wherein the oil is solid at temperatures below 32°F and is liquid at temperatures above 50°F.
- 3. The potato piece of Claim 2 wherein the oil is soybean oil.
- 4. The potato piece of Claim 1 having a solid content in the range of 40 to 50% by weight.
- 5. A process for making elongated potato pieces adapted for microwave reconstitution comprising the steps of:

processing elongated potato pieces to a total solids in the range of 40 to 50% by weight;

freezing the elongated potato pieces;

applying oil to the frozen potato pieces, where the oil is solid at temperatures at and below 32°F and is liquid at temperatures at and above 50°F; and coating the frozen potato pieces with encapsulated salt so that the oil adheres the encapsulated salt to the potato pieces, where the encapsulated salt comprises 0.8 to 1.5% by weight of the potato pieces.

- 6. The process of Claim 5 wherein the elongated potato pieces are processed to a total solids of 42.5% by weight.
- 7. The process of Claim 5 further including the step of packaging the elongated potato pieces in a carton having two microwave susceptor surfaces.
- 8. The process of Claim 5 wherein the step of applying oil to the frozen potato pieces applies a coating of about 1% by weight of oil.
- 9. The process of Claim 8 wherein the step of applying oil includes the steps of: tumbling frozen potato pieces; and spraying the tumbling potato pieces with soybean oil.
- 10. The process of Claim 5 wherein the processing to a solid content in the range of 40 to 45% by weight includes the steps of:

  blanching the potato pieces;

  drying the potato pieces to reduce the solid content by 10 to 15 weight percent;

  parfrying the dried potato pieces at a temperature in the range of 330 to 360°F;

  equilibrating the parfried potato pieces; and

  parfrying the equilibrated potato pieces at a temperature in the range of 375 to

parfrying the equilibrated potato pieces at a temperature in the range of 375 to 395°F.

- 11. The process of Claim 10 wherein the parfry steps are oil parfry steps.
- 12. The process of Claim 5 including the step of providing elongated potato pieces having crinkle-cut longitudinal surfaces.
- 13. A microwavable carton for edible foodstuffs comprising:
  - a top panel;
  - a bottom panel;
  - a back panel integrally connected to the top panel and the bottom panel;
  - a pair of inner side panels integrally connected to the bottom panel;
  - an inner front panel integrally connected to the bottom panel;
  - mechanical latching means connected among the inner front panel, the back panel, and the inner side panels for joining the inner front panel, the back panel, and the inner side panels to form a tray;
  - a pair of outer side panels integrally connected to the top panel;
  - a front panel integrally connected to the top panel; and
  - a pair of microwave susceptor surfaces, one substantially coextensive with the bottom panel, and on substantially coextensive with the top panel, both susceptor surfaces positioned to be on the inside of the carton.
- 14. The microwavable carton for edible foodstuffs of Claim 13 wherein:
  each outer side panel is secured to a corresponding inner side panel; and
  the outer front panel is secured to the inner front panel.
- 15. The microwavable carton for edible foodstuffs of Claim 13 wherein: the top panel includes weakened lines defining a removable portion; and

the weakened lines also define a gusset at each corner of the carton when the removable portion of the top panel is removed.

16. A method of reconstituting frozen potato pieces in a package having weakened lines defining an openable top and wherein the package has a pair of microwave susceptor surfaces, comprising the steps of: removing the openable top to expose the frozen potato pieces; detaching the openable top from the package; arranging the frozen potato pieces in a single layer in the package;

pressing the detached openable top into the package until it contacts the frozen potato pieces; and

heating the package with microwave energy until the potato pieces are hot.